

## **Historic, archived document**

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## Strawberry Banana Parfait

### Description:

Whether you are looking for a fruit-filled breakfast option or a better-for-you dessert – enjoy the flavors of layered seasonal fruit, crisp flakes and creamy yogurt in this delicious parfait.

### Ingredients:

- ½ medium ripe banana, mashed
- ⅛ teaspoon vanilla
- ⅓ cup plain non-fat yogurt
- ½ cup sliced fresh strawberries
- ½ cup complete bran and wheat flakes ready-to-eat cereal

### Directions:

1. Stir banana and vanilla into yogurt
2. In one 10-12 ounce glass, alternately layer the yogurt mixture, strawberries and cereal. Serve immediately.

Makes 1 serving

### Nutrition Facts

<i>Nutrient</i>	<i>Value</i>	<i>%DV</i>
Calories	190	
Saturated Fat	0	0%
Sodium	200 mg	8%
Potassium	448 mg	13%
Calcium	200 mg	20%
Vitamin D	95 IU (0.66 mcg)	24%
Dietary fiber	7g	28%



The “Grain Chain,” a group of MyPlate National Strategic Partners committed to promoting and supporting grains, offers a series of recipes featuring whole grains. Members include American Bakers Association, Wheat Foods Council, Grains Food Foundation, National Pasta Association, USA Rice Federation, General Mills, and Kellogg’s.